



Nutrition Interventions and Maternal Health in Rural Zimbabwean Communities: An Ethnographic Study in Mozambique, 2009

Zingone Nhamudo^{1,2}, Chisie Mabvuto^{2,3}, Mangulu Chitota⁴, Mufinda Hove⁵

¹ Department of Interdisciplinary Studies, Instituto Nacional de Investigação Agrária (INIA)

² Eduardo Mondlane University (UEM), Maputo

³ Pedagogical University of Mozambique (UP)

⁴ Department of Advanced Studies, Instituto Nacional de Investigação Agrária (INIA)

⁵ Department of Advanced Studies, Pedagogical University of Mozambique (UP)

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Correspondence: znhamudo@hotmail.com

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Author notes

Zingone Nhamudo is affiliated with Department of Interdisciplinary Studies, Instituto Nacional de Investigação Agrária (INIA) and focuses on Education research in Africa.

Chisie Mabvuto is affiliated with Pedagogical University of Mozambique (UP) and focuses on Education research in Africa.

Mangulu Chitota is affiliated with Department of Advanced Studies, Instituto Nacional de Investigação Agrária (INIA) and focuses on Education research in Africa.

Mufinda Hove is affiliated with Department of Advanced Studies, Pedagogical University of Mozambique (UP) and focuses on Education research in Africa.

Abstract

Rural Zimbabwean communities face significant nutritional challenges, particularly among pregnant women who are at high risk of maternal health issues. An ethnographic study was conducted in three rural communities, focusing on qualitative data collection methods including interviews, observations, and focus groups with participants from diverse socio-economic backgrounds. The nutrition intervention programme showed a significant improvement in dietary practices among pregnant women, leading to a 40% reduction in malnutrition-related health issues compared to baseline levels. The study underscores the importance of culturally sensitive interventions and community engagement in improving maternal health outcomes. Healthcare providers should incorporate locally adapted nutrition education into prenatal care programmes and involve local communities in planning and implementation. nutrition intervention, maternal health, rural Mozambique, ethnographic study

Keywords: *African geography, maternal health, qualitative research, nutrition education, community participation, anthropological study, longitudinal analysis*

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